

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



November 2014

CENTER WILL BE CLOSED ON NOV. 4, 11, 27, 28

1

Please use your key card when entering the building if you are participating in any activity at the center

2 "Grands Doing Great Things Together" A make and take craft activity Monday, Nov 3-10-12:00 Register at center	3 9:30-S.Training 10:00-12:00-"Grands Doing Great Things" 11:00-M&M Exercise 12:30- <u>Blotter Bingo</u>	4 CLOSED	5 9:00-S.Training 10:00-Rummikub 11:00-M&M Exercise 12:30-Bridge/Pinotch. 12:30-Zumba Gold* 1:30-Line Dancing*	6 9:00-Quilting 11:00-S.Training 12:15-Chair Yoga* 12:30-" <u>Whole Grains</u> " 1:00-Bookmobile 1:30-Knitting 1:30-Tai Chi*	7 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold* 1:00-2:00-Groceries for Seniors	8 <u>"There's A Doctor in the House"</u> Nov. 5 Capital Women's Care Dr. Gerrit Schipper Pelvic Organ Prolapse & Female Incontinence
9 FriendShipCafe Light fare Wed.&Thurs 11:00-12:00, 12:30-1:00 Friday-11:00-1:00	10 9:30-S.Training 11:00-M&M Exercise 12:30- <u>Bingo</u>	11 CLOSED <small>Veterans Day (US) Remembrance Day (Canada)</small>	12 9:00-S.Training 10:00-Rummikub 11:00-M&M Exercise 12:30-Bridge/Pinotch. 12:30-Zumba Gold* 1:30-Line Dancing*	13 9:00-Quilting 11:00-S.Training 12:15-Chair Yoga* 12:30-" <u>Food Demo on Whole Grains</u> " 1:30-Tai Chi*	14 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*	15 Coming on Dec. 31 Pulmonology-Lung Diseases Frederick Medical & Pulmonary Asso. Reservations are required-all programs begin with dinner,
16 *=Classes run in sessions, must prepay for the entire session Strength Training-\$3 M&M-\$1, pay as you go	17 9:30-S.Training 11:00-M&M Exercise 12:30-Music with <u>Charles and Evelyn Summers</u>	18 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35-Bingo	19 9:00-S.Training 10:00-Rummikub 11:00-M&M Exercise 12:30-Bridge/Pinotch. 12:30-Zumba Gold* 1:30-Line Dancing*	20 9:00-Quilting 11:00-S.Training 12:15-Chair Yoga* 12:30-" <u>Managing Diabetes</u> "/Steve 1:30-Knitting 1:30-Tai Chi*	21 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*	22 \$5.00, Doctor's presentation immediately follows, floor is then open for questions. Reservations-301-600-1048
23	24 9:30-S.Training 11:00-M&M Exercise 12:30-W. of Fortune	25 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35-Bingo	26 9:00-S.Training 10:00-Rummikub 11:00-M&M Exercise 12:30-Bridge/Pinotch. 12:30-Zumba Gold* 1:30-Line Dancing*	27 CLOSED <small>Thanksgiving Day (US)</small>	28 CLOSED	29 <u>Groceries for Seniors</u> <u>Friday, Nov. 7</u> 1:00-2:00-Drive-Thru or Walk-Up Income below \$1,437
30	<div style="text-align: center;"> Thanksgiving Meal Nov. 25 Turkey, Mashed Potatoes, Stuffing, Green Beans, Pumpkin Pie Reservations-301-600-1048 </div> 					